

January 2025

Forest Hill Heights Assisted Living

<p>9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Oak Grove Church Musical Performance in the Lounge 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- Queen of Hearts Word Mining 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- Nail Polishing 4pm- Categories! 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows Wear Snowflakes Day!</p>	<p>9:30am- Scarf Aerobics 10am- Famous January Birthdays Word Search 12pm- Lunch in from Millers Ale House (\$) 1pm- Travelogue – Oxford, England 2pm- Rev. Weih Baptist Service 2:00pm- Jewelry Making 3pm- Mini Word Sudoku Puzzles 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Tom Cooke 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Readers Theater 10:30am- Rosary & Communion 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows</p> <p style="text-align: center;">New Year's Day</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Crosswords 1:00pm- Nail Polishing 2pm- Full Mass Service with St. Ignatius 3:00pm- Modern Jeopardy Trivia 3:30pm- Hydration Station 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- Resident's Meeting 10:30am- Resident's Choice 1:30pm- Bingo 3:30pm- Harp Concert with Laura 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Morning Coffee Talks 10:30am- Oxford, England Word Search 11am- Word Ladders Puzzle 1pm- Oodles Memory Game 2pm- Jeopardy Trivia! 3pm- Axe Throwing/Basketball Shoots 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Oak Grove Church Musical Performance in the Lounge 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- Queen of Hearts Word Mining 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- Nail Polishing 4pm- Categories! 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows Wear Snowflakes Day!</p>	<p>9:30am- Scarf Aerobics 10am- Famous January Birthdays Word Search 12pm- Lunch in from Millers Ale House (\$) 1pm- Travelogue – Oxford, England 2pm- Rev. Weih Baptist Service 2:00pm- Jewelry Making 3pm- Mini Word Sudoku Puzzles 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Tom Cooke 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:00am- Elvis Selfie Social 10:30am- Rosary & Communion 1:30pm- Bingo 3:00pm- The Elvis Movie in the Lounge 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Houseplant Scrabble 1:00pm- Jewelry Making 2:00pm- Ladies Tea & Men's Social 3pm- Where Am I? 4:00pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows Dress Nerdy Day!</p>	<p>9:30am- Chair Dancercise 10:30am- Polar Bear Races Game in the Lounge 1:30pm- Bingo 3:30pm- Wacky Wordies 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Morning Coffee Talks 10:30am- Scrambled Puzzle 11am- Categories! 1pm- Oodles Memory Game 2pm- Polar Bear Plunge Word Search 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Spiritual Jeopardy Trivia 4pm- Mighty Moose Crossword 4:30pm- Daily Chronicle Fun Facts 6pm- Sunday Crossword 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10:30am- Kevin Costner Crossword 10:30am- Hollywood Star of the Month – Kevin Costner 1pm- Afternoon Movie in the Lounge 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- Lunch in from Subway (\$) 1pm- Jewelry Making 2pm- Table Broom Hockey 2pm- SCENIC BUS RIDE 3:00pm- Hidden Wildlife Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Yesterday Once More with Ken King 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Polar Bear Plunge Word Search 1:00pm- January IQ Quiz 1:30pm- Axe Throwing 2:30pm- Concentration Puzzles 3:00pm- What Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:00am- Bingo 1:00pm- Beauty Shop for Winter Ball 4:30pm- Daily Chronicle Fun Facts 6pm- J & J Entertainment and The Winter Ball 7pm- Evening TV Shows Wear Silver, Blue, and White Day!</p>	<p>9:30am- Morning Coffee Talks 10:30am- "Hope" Color Along 11am- In the Army Puzzle 1pm- Oodles Memory Game 2pm- Alice in Wonderland Crossword 3pm- Axe Throwing/Basketball Shoots 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Jeopardy Trivia Part 2 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Game Time – Sports Trivia 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- Alice in Wonderland Word Search 11am- Resident's Choice 1pm- Jewelry Making 2:30pm- Martin Luther King Jr. Jeopardy Trivia 3:00pm- CREATIVITY CLUB: PEACE SIGN PAINTING 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows Wear Blue and Purple Day!</p>	<p>9:30am- Scarf Aerobics 10am- Page Word Puzzles 11:00am- Board Games 12pm- Lunch in from First Watch (\$) 1pm- Jewelry Making 2pm- Table Broom Hockey 3:00pm- Secret Quote – George Washington Carver 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Readers Theater 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:30pm- Who Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Fun Random Trivia 1:30pm- Classics with Chris 2:30pm- Searching for January Word Search 3:00pm- What Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10am- First to 25 Game 11am- Silver Reader Delivery 1:30pm- Bingo 3:30pm- Remembering Etta James Documentary/Discussion 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Morning Coffee Talks 10:30am- Alice in Wonderland Trivia 11am- Categories! 1pm- Oodles Memory Game 2pm- Matching White Rabbits Puzzle 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Dizzy Dean Word Search 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Spiritual Virtues Scramble Puzzle 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- Proper Nouns Puzzle 1pm- Jewelry Making 2pm- Michigan Word Search 3:00pm- Word Mining 4pm- Card Games 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Vic & January Birthday's Party 7pm- Evening TV Shows Wear Crazy Socks Day!</p>	<p>9:30am- Scarf Aerobics 10am- Page Word Puzzles 11am- Board Games 1pm- Jewelry Making 2pm- Table Broom Hockey 3:00pm- Billionaires' Club Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Muhammad Ali Discussion/Documentary 1:00pm- Axe Throwing 1:30pm- January Color by Number 2:30pm- Who Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows Wear A Sports Jersey/Gear Day!</p>	<p>9:30am- Chair Dancercise 10:00am- CREATIVITY CLUB: KOI WATERCOLOR SALT PAINTING 1:30pm- Bingo 3:30pm- Football Math Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games 7pm- Evening TV Shows</p>	<p style="font-size: 2em; text-align: center;">Happy New Year!</p>